



Sex- and age-specific seasonal variations in physical activity among adults

Author(s): McCormack GR, Friedenreich C, Shiell A, Giles-Corti B, Doyle-Baker PK
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Abstract:

BACKGROUND: To examine seasonal variations in self-reported physical activity among an urban population of Calgarian adults. **METHOD:** Telephone surveys were conducted with two independent random cross-sectional samples of adults in summer and autumn 2007 (nEuro Surveillance (Bulletin Europeen Sur Les Maladies Transmissibles; European Communicable Disease Bulletin)2199) and in winter and spring 2008 (nEuro Surveillance (Bulletin Europeen Sur Les Maladies Transmissibles; European Communicable Disease Bulletin)2223). Participation and duration of walking for recreation (WR), walking for transportation (WT), moderate (MODPA) and vigorous physical activity (VIGPA) undertaken in a usual week were captured. Seasonal comparisons of participation related to these activities and sufficient MODPA (>/Euro Surveillance (Bulletin Europeen Sur Les Maladies Transmissibles; European Communicable Disease Bulletin)210 min/week) and VIGPA (>/Euro Surveillance (Bulletin Europeen Sur Les Maladies Transmissibles; European Communicable Disease Bulletin)90 min/week) physical activity were examined using logistic regression. **RESULTS:** Compared with winter, participation in WR was significantly (p

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Resource Description

Communication: ☒

resource focus on research or methods on how to communicate or frame issues on climate change; surveys of attitudes, knowledge, beliefs about climate change

A focus of content

Communication Audience: ☒

audience to whom the resource is directed

Health Professional

Exposure : ☒

weather or climate related pathway by which climate change affects health

Temperature

Geographic Feature: ☒

resource focuses on specific type of geography

Climate Change and Human Health Literature Portal

None or Unspecified

Geographic Location:

resource focuses on specific location

Non-United States

Non-United States: Non-U.S. North America

Health Impact:

specification of health effect or disease related to climate change exposure

Health Outcome Unspecified, Other Health Impact

Other Health Impact: Physical activity

Mitigation/Adaptation:

mitigation or adaptation strategy is a focus of resource

Adaptation

Resource Type:

format or standard characteristic of resource

Research Article

Timescale:

time period studied

Time Scale Unspecified

Vulnerability/Impact Assessment:

resource focus on process of identifying, quantifying, and prioritizing vulnerabilities in a system

A focus of content